



# KAWANA AQUATIC CENTRE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 AM		City Deep Aqua		City Deep Aqua			
09:00 AM	Adult Squad	Adult Squad	Adult Squad	Adult Squad	Adult Squad		
09:15 AM	City Deep Aqua	City Deep Aqua	City Deep Aqua	City Deep Aqua	City Deep Aqua		
10:15 AM							
10:30 AM							
12:30 PM	City Aqua (Gentle)			City Aqua (Gentle)			
05:30 PM	City Deep Aqua						
06:00 PM		Aqua Fit Shallow		Aqua Fit Shallow			



Please note scheduled classes are subject to change.  
To ensure class times are correct please contact us on **1300 332 583**

## CLASS DESCRIPTIONS

We offer a variety of classes at our City centres. Take a look at our selection!

### City Deep Aqua

City Deep Aqua is a low impact cardiovascular workout. Using a buoyancy belt in deep water. Suitable for all abilities - you just need to be confident in deep water.

### City Aqua (Gentle)

A gentle class of Aqua Aerobics is the best of both worlds. Get the calorie burning benefits of aerobics with the therapeutic properties of water. Using minimum impact movements, you'll develop strength and fitness in a fun environment.

### Aqua Fit Shallow

A class held in shallow water that provides the great calorie burning benefits of aerobics, with the therapeutic properties of water. Using minimum impact movements, you'll develop strength and fitness in a fun environment.

### Adult Squad

Our adult swimming squad for swimmers who want to improve stroke technique and fitness level.